BON SECOUR

231650 - **Crab Stuffed 3 Oz**

SGC FOODSERVICE

Nutrition Facts

Servings per Container	**72**
Serving size	**3oz (85grams)**

Amount per serving

Calories **100**

	% Daily Value*
Total Fat 2.5g	**3%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 4mg	**1%**
Sodium 150mg	**7%**
Total Carbohydrate 16g	**6%**
Dietary Fiber 4g	**14%**
Total Sugars 2g	
Includes 1g Added Sugar	**2%**
Protein 5g	
Vitamin D 0mcg	**0%**
Calcium 85mg	**7%**
Iron 0.8mg	**4%**
Potassium 30mg	**1%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Benefits

Ingredients

water, bread crumbs [enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat flour, sugar, sunflower oil, salt, yeast, dextrose, soybean oil], blue crabmeat, celery, dehydrated bell pepper, onion, worcestershire sauce (spices, anchovies, natural flavors -soy - tamarind extract), less than 2% of-- peppers, vinegar, salt, spices, granulated garlic

Allergens

Handling Suggestions

Store frozen, shelf life 2 years. Expiration date is open coded above label on front of box.

Serving Suggestions

Prep & Cooking Suggestions

Allow to thaw in cooler, then fry at 375 degrees F for about 7 minutes until medium brown.

Product Specifications

Brand	Manufacturer	Product Category
BON SECOUR	BON SECOUR FISHERIES, INC	Crab, Value Added, Other

MFG #	SPC #	GTIN	Pack	Pack Desc.
31650	231650	30080564316503		72/3 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
14.5lb	13.5lb		No	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
17.8in	14.5in	7.2in	1.08cf	5x3	365days	0 / 32

powered by Syndigo
Products Move When Content Flows™

BON SECOUR

231650 - **Crab Stuffed 3 Oz**

SGC FOODSERVICE

Nutrition Analysis

Calories	100	Total Fat	2.5g	Sodium	150mg
Protein	5	Trans Fats	0g	Calcium	85mg
Total Carbohydrates•••	16g	Saturated Fat	0.5g	Iron	0.8mg
Sugars	2g	Added Sugars	1g	Potassium	30mg
Dietary Fiber	4g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	4mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

powered by Syndigo
Products Move When Content Flows™